



# **My Name is Thelma, But I Don't Know Who I Am: A dementia caregivers resource guide and workbook**

*Jan Malone*

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## **My Name is Thelma, But I Don't Know Who I Am: A dementia caregivers resource guide and workbook** Jan Malone

This book has been written for those caring for a loved one with memory loss. It will help you navigate through the seven steps of dementia.

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